

HEALTHY AGING AT YOUR LIBRARY: CONNECTING OLDER ADULTS TO HEALTH INFORMATION

BECAUSE
LIBRARIANS
CAN LEAD YOU
ON THE PATH TO
HEALTHY AGING.

LYDIA N. COLLINS

CONSUMER HEALTH COORDINATOR

LIBRARIES
TRANSFORM
IN RESPONSE TO THE NEED FOR
HEALTHY AGING

NIH U.S. National Library of Medicine
National Institutes of Health

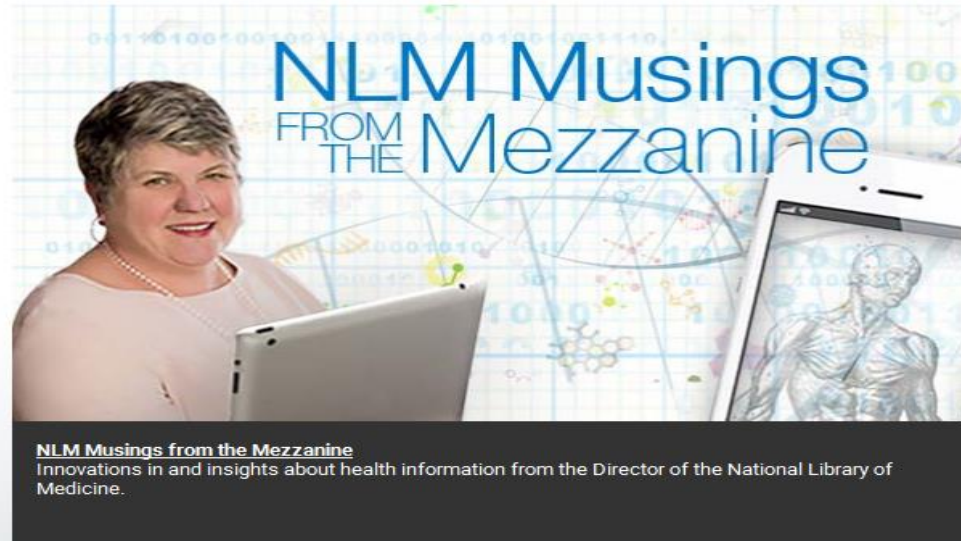
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U.S. National Library of Medicine
National Network of Libraries of Medicine
Middle Atlantic Region

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NLM for You

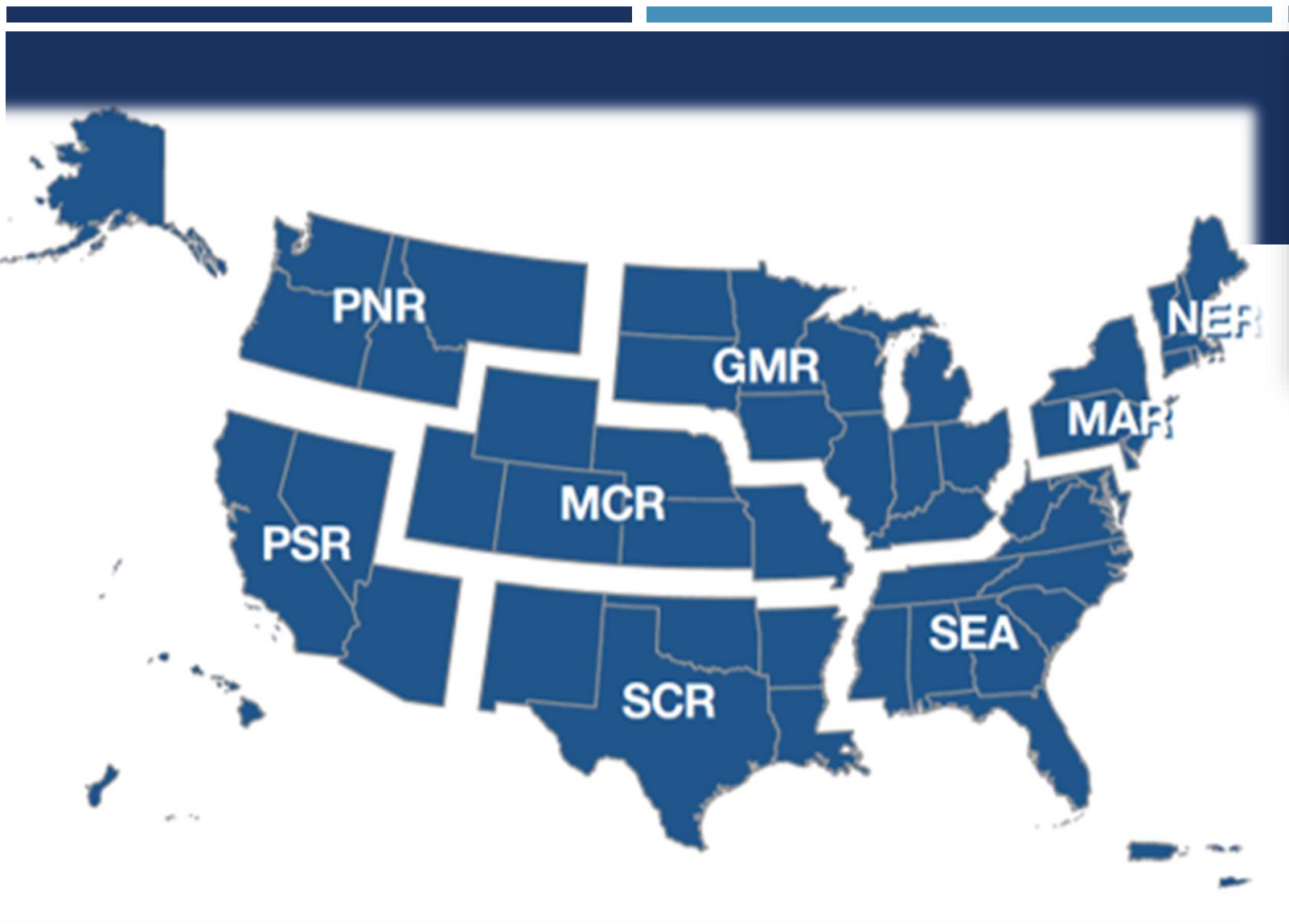
[Grants & Funding](#)
[Meaningful Use Tools](#)
[Training & Outreach](#)
[National Network of Medical Libraries](#)
[Regional Activities](#)

News, Events, Videos

- Amanda J. Wilson appointed Head, National Network Coordinating Office, Library Operations, NLM (01/09/17)
- Mark Ziomek appointed Chief, Public Services Division, Library Operations, NLM (01/09/17)
- NLM Director Dr. Patricia Flatley Brennan

“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836”.

[URL](#) for the National Library of Medicine



Greater Midwest Region (GMR)
Middle Atlantic Region (MAR)
MidContinental Region (MCR)
New England Region (NER)
Pacific Northwest Region (PNR)
Pacific Southwest Region (PSR)
South Central Region (SCR)
Southeastern/Atlantic Region (SEA)

[URL](#) for National Network of Libraries of Medicine and [URL](#) for NNLM MAR

**BECAUSE
LIBRARIES
ARE PARTNERS
IN A HEALTHY
COMMUNITY.**

**LIBRARIES
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NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

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AGING IN YOUR COMMUNITY: DATA & STATISTICS

LIVING LONGER. LIVING HEALTHIER?

[TIPS FOR BETTER AGING]



URL for Life Expectancy (CDC)

LIVING LONGER. LIVING HEALTHIER?

[TIPS FOR BETTER AGING]

But nearly

61% of
Americans age 65+
have multiple
chronic conditions.



United Nations, 2011

Practice
healthy aging:



Be physically
active



Make smart
food choices



Get regular
health
screenings



Participate
in activities
you enjoy

Chronic diseases among leading causes of death:

- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke
- Alzheimer's disease
- Diabetes

When it comes to concerns about aging, both groups share similar concerns about loss of independence

However, Influencers are most concerned about financial pressures for Older Adults

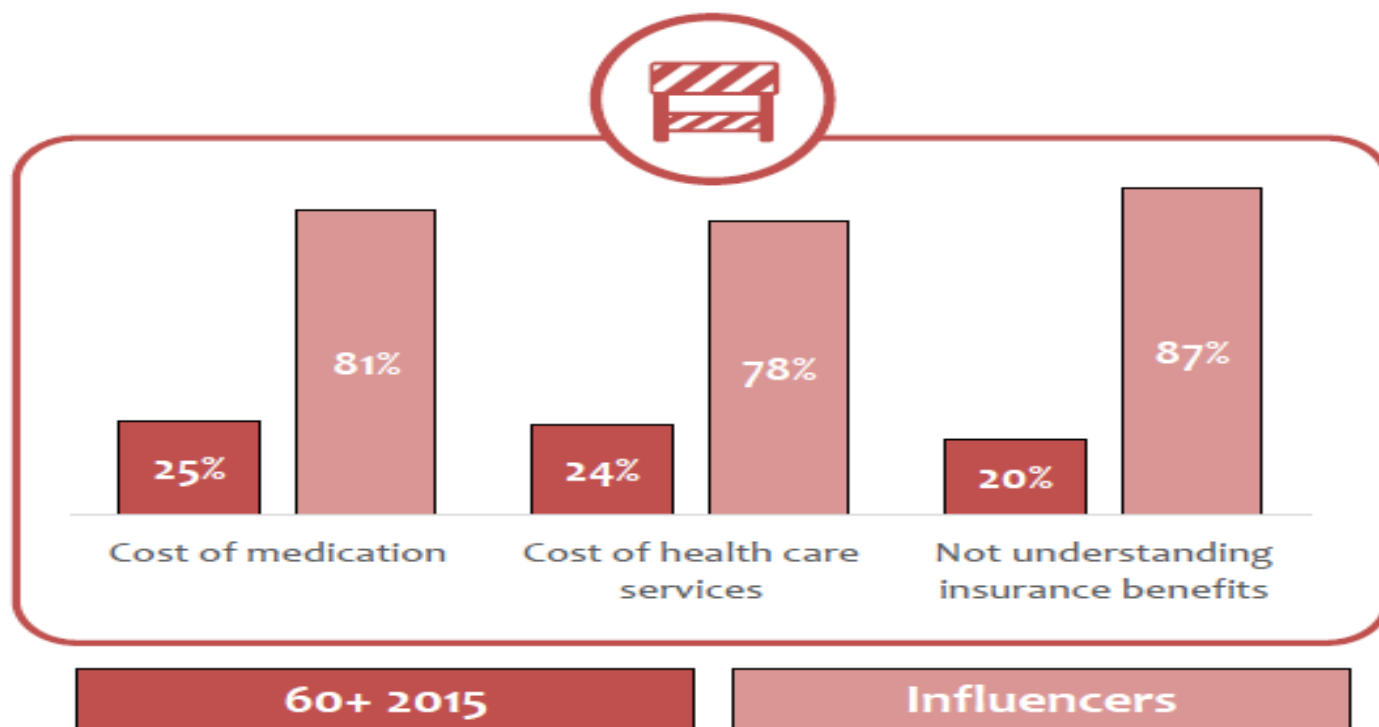


Q15 (For 60+ 2015). What are your five biggest concerns about aging? Please tell me up to five answers. If you have no concerns, please say so.

Q14 (For Influencers 2015). What are the five biggest concerns you have about Older Adults as they age? Please tell me up to five answers. If you have no concerns, please say so.

Older Adults and Influencers agree that costs and difficulty understanding insurance are common challenges to accessing health care

Common Challenges to Accessing Health Care for Older Adults



Health Care

Older Adults 60-74 years old are more likely to consider the cost of health care services (29%), cost of medication (30%) and not understanding insurance benefits (25%) as obstacles in trying to access health care, compared to all Older Adults nationally (24%, 25% and 20% respectively)



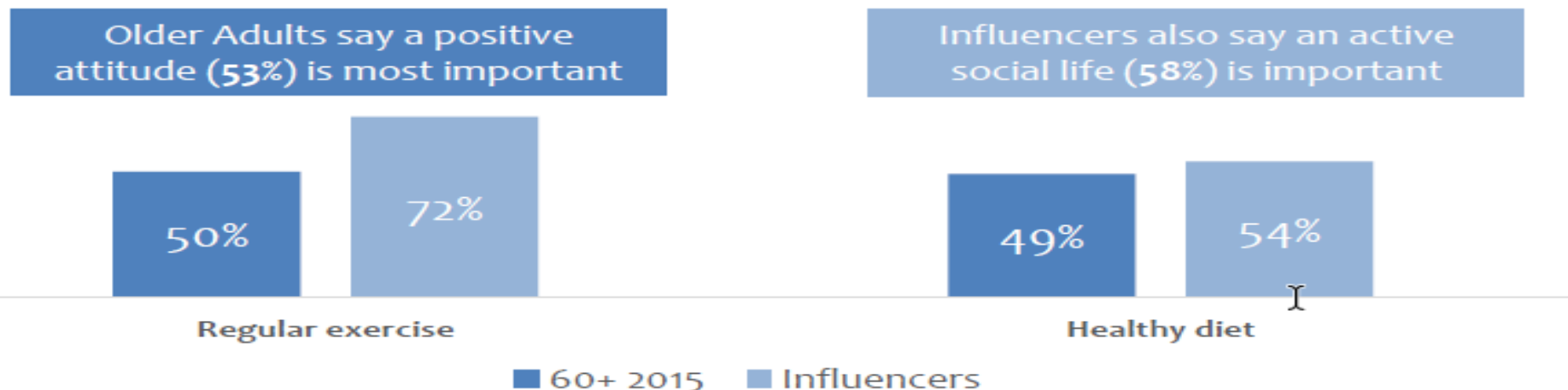
Q41 (For 60+ 2015). What are some of the challenges or obstacles you have faced in trying to access health care? Please tell me all that apply.

Q33 (For Influencers 2015). What are some of the challenges or obstacles that Older Adults in your community face in trying to access health care? Please tell me all that apply.

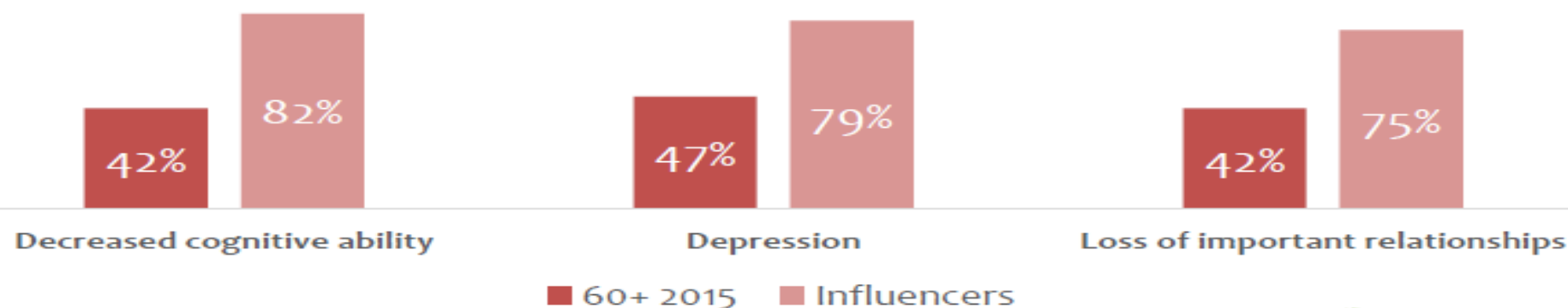
While both groups agree on a number of ways to stay mentally sharp, Older Adults emphasize having a positive attitude, while Influencers emphasize having a social life



Best Ways to Stay Mentally Sharp



Barriers to Staying Mentally Sharp



Q22 (For 60+ 2015). Which of the following do you feel are the best ways to stay mentally sharp as you age? Please tell me up to five answers.
 Q19 (For Influencers 2015). Which of the following do you feel are the best ways for Older Adults to stay mentally sharp as they age? Please tell me up to five answers.
 Q23 (For 60+ 2015), Q20 (For Influencers 2015). Which of the following prevents Older Adults from staying mentally sharp as they age?

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

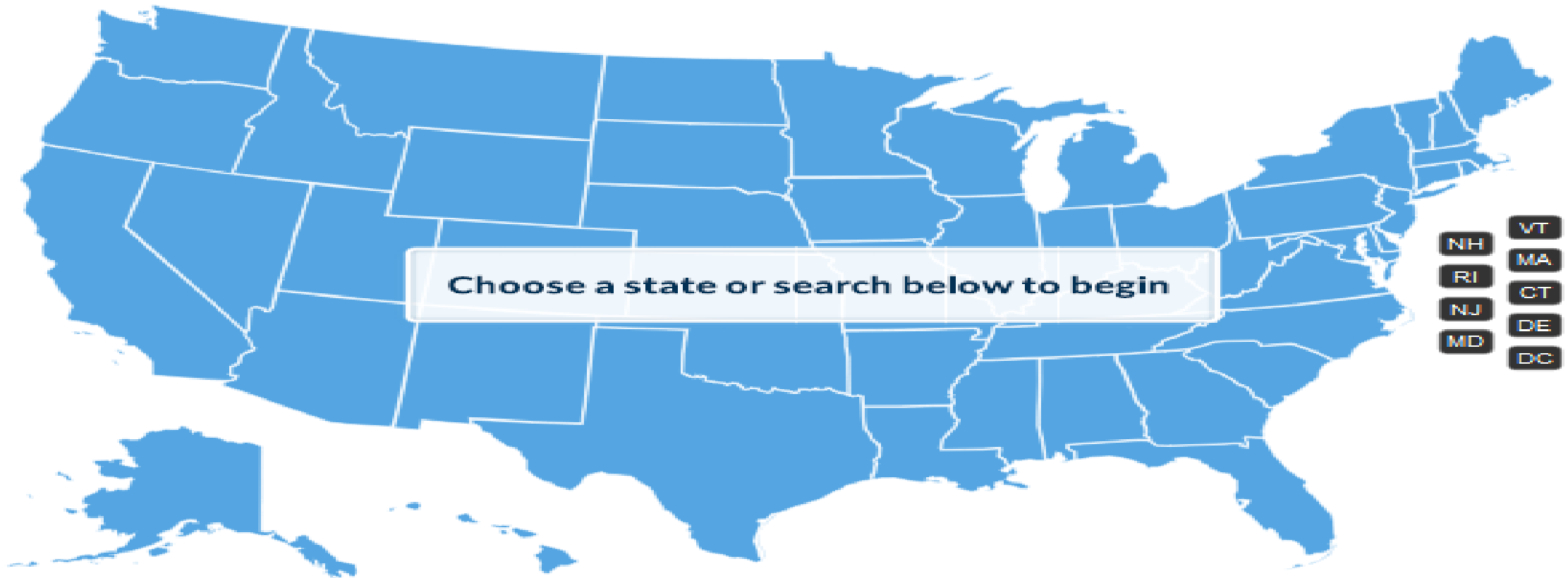
HEALTH RANKINGS ▾

ROADMAPS TO HEALTH ▾

RESOURCES ▾

MORE ▾

HOW HEALTHY IS YOUR COMMUNITY?



[URL](#) for County Health Rankings & Roadmaps (Robert Wood Johnson Foundation)

WHAT THIS MEANS FOR LIBRARY STAFF...

An increase in opportunities to:

- Engage older adults in health, wellness & social activities
- Connect caregivers to community resources
- Provide health information to prevent & cope with chronic diseases
- Address health literacy needs and challenges
- Partner with service providers in the community



**BECAUSE
INFORMATION
CAN HELP PREVENT
CHRONIC DISEASES.**

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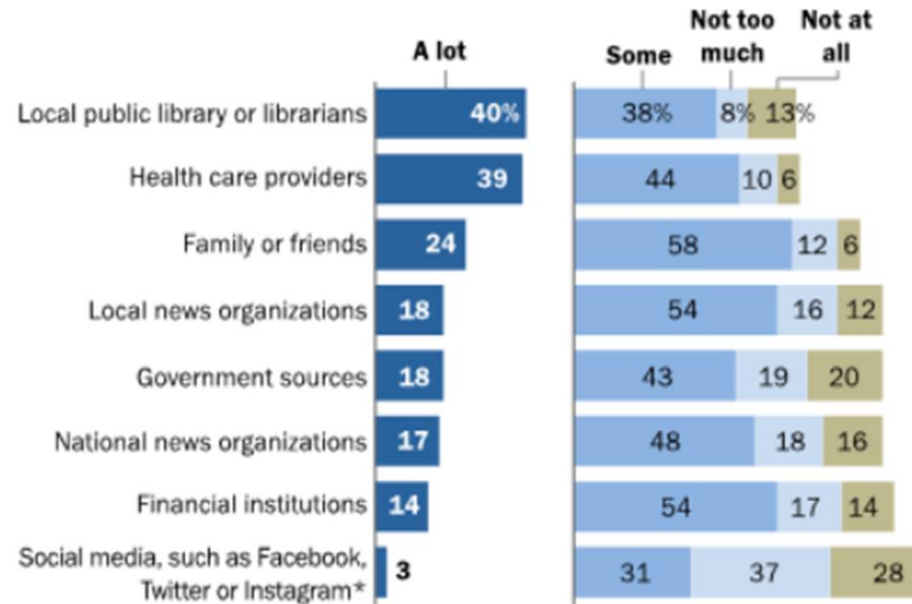
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HEALTH RESOURCES AND SENIOR FRIENDLY WEB SITES

Americans are not fully trusting of information from key sources. Libraries and health providers top the list

Americans are not fully trusting of information from key sources. Libraries and health providers top the list

% of U.S. adults who trust information from the following sources ...



*Among social media users

Source: Survey conducted Sept. 29-Nov. 6, 2016.

"How People Approach Facts and Information"

PEW RESEARCH CENTER

[URL](#) to Pew Report Figure & [URL](#) to Full Report

[Health Topics](#)

[Drugs & Supplements](#)

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Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster

Look up in Dictionary

GO

Share MedlinePlus



Have a doctor's appointment?

Visit our [Talking With Your Doctor](#) page

1

2

3

4



Today's Health News

[Even a Little Walking Can Lengthen Your Life](#)

[Self-Harm on the Rise Among Teen Girls](#)

[State Laws Help Reduce Concussions in Youth Sports](#)

[More health news](#)

Clinical Trials

Search [ClinicalTrials.gov](#) for drug and treatment studies.

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Seniors



Abuse *see* [Elder Abuse](#)

Accidents *see* [Falls](#)

Age-Related Macular Degeneration *see* [Macular Degeneration](#)

Ageusia *see* [Taste and Smell Disorders](#)

Aging *see* [Seniors' Health](#)

Aging Skin *see* [Skin Aging](#)

[Alzheimer's Caregivers](#)

[Alzheimer's Disease](#)

AMD *see* [Macular Degeneration](#)

Amnesia *see* [Memory](#)

[Angina](#)

Anosmia *see* [Taste and Smell Disorders](#)

Arteriosclerosis, Coronary *see* [Coronary Artery Disease](#)

Artificial Lens *see* [Cataract](#)

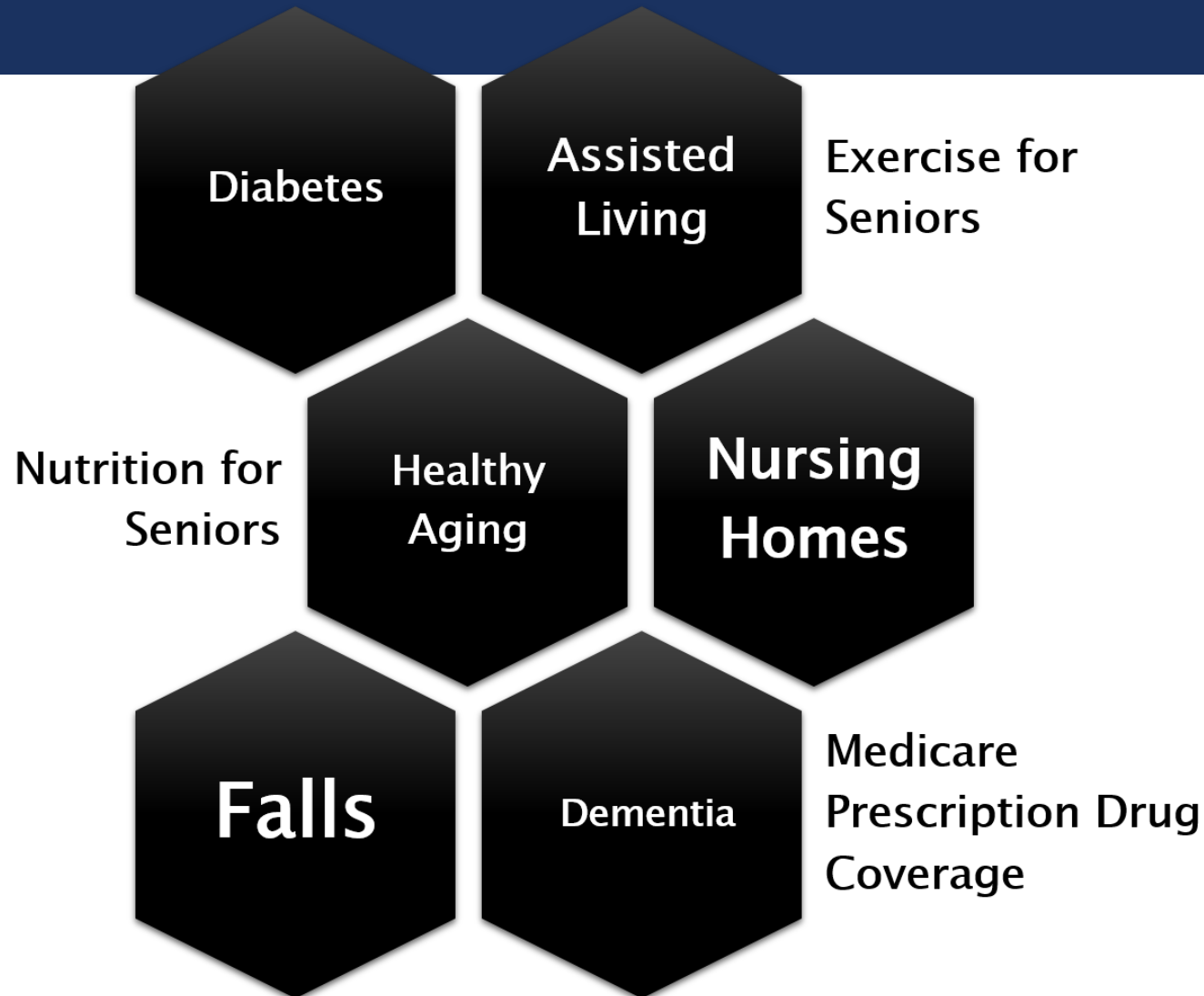
[Assisted Living](#)

[Assistive Devices](#)

Atherosclerosis, Coronary *see* [Coronary Artery Disease](#)

[Balance Problems](#)

MEDLINEPLUS HEALTH TOPICS FOR OLDER ADULTS



View page in
Spanish.

[Español](#)

[Home](#) → [Health Topics](#) → [Diabetes](#)

Diabetes

Also called: Diabetes mellitus, DM

On this page

Basics

- [Summary](#)
- [Start Here](#)
- [Latest News](#)
- [Diagnosis and Tests](#)
- [Prevention and Risk Factors](#)
- [Treatment](#)

Learn More

- [Living With](#)
- [Related Issues](#)
- [Genetics](#)

See, Play and Learn

- [Videos and Tutorials](#)

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- [Statistics](#)
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View resources
for older adults.

For You

- [Men](#)
- [Women](#)
- [Seniors](#)
- [Patient Handouts](#)



Get Diabetes updates by email



Enter email address

GO

MEDICAL ENCYCLOPEDIA

[A1C test](#)

[ACE blood test](#)

Summary

Diabetes is a disease in which your blood glucose, or [blood sugar](#), levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With [type 1 diabetes](#), your body does not make insulin. With [type 2 diabetes](#), the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have [prediabetes](#). This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.

[URL](#) for Diabetes (MedlinePlus)

MEDLINEPLUS MAGAZINE

A quarterly publication of
the Friends of the National
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October 2017

Coping With Grief

Life After Loss

Losing someone you love can change your world. There's no right or wrong way to mourn. Finding healthy ways to cope with loss can help you make it through tough times.

[Read more »](#)

This Month: [Coping With Grief](#) | [Brain Tumors](#) | [Robotic Device for Cerebral Palsy](#) | [Teen Distracted Driving](#) | [Aging Information](#)

Popular Stories

[Getting It Straight](#)[Cold, Flu, or Allergy?](#)[Positive Parenting](#)[Keeping Your Gut in Check](#)

Making Your Website Senior-Friendly

[Introduction](#)[Organizing Web Information](#)[Writing Online Text](#)[Designing Readable Online Text](#)[Making Web Information Easy to Find](#)[Including Other Media](#)[Resources](#)

Questions? Contact:



NNLM

Middle Atlantic Region

(412) 648-2065

nnlmmar@pitt.edu 

Key Tips

1. Break information into short sections.
2. Give instructions clearly and number each step.
3. Minimize the use of jargon and technical terms.
4. Use single mouse clicks.
5. Allow additional space around clickable targets.
6. Use 12- or 14-point type size, and make it easy for users to enlarge text.

Introduction

This resource Guide offers guidelines that can help you create websites that work well for older adults, the fastest-growing group of internet users. Besides sending and receiving email, older adults search the web for health, financial, and religious or spiritual information. They also use the internet to shop, play games, perform genealogy searches and book travel. As the baby boomers age, the number of older adults using the internet will continue to grow, and web designers will increasingly be called upon to tailor websites to this population.

If you have questions about these guidelines and resources, please contact us!

Disclaimer: the information provided in this resource guide was modified from a handout entitled, "Making Your Website Senior Friendly: Tips from the National Institute on Aging (NIA) and the National Library of Medicine (NLM)," produced by the National Institute on Aging with contributions from the National Library of Medicine.

The Research

Studies completed by the National Institute on Aging (NIA) and other agencies have shown that older age is not in itself a hindrance to computer or internet use. However, older adults' use of electronic technology may be affected by age-related changes in vision and in cognition – for example, the ability to remember, learn, think, and reason. Cognitive abilities that change with age are likely to affect computer use including working memory, perceptual speed, text comprehension, attentional functioning, and spatial memory. Use of the appropriate typeface, colors, writing style, navigation structure, and accessibility features can make a website easier for older adults to access.

Key: Good web design can help counteract many age-related changes.

[URL](#) to Making Your Website Senior-Friendly Resource Guide

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IN A HEALTHY
COMMUNITY.**

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NIH U.S. National Library of Medicine
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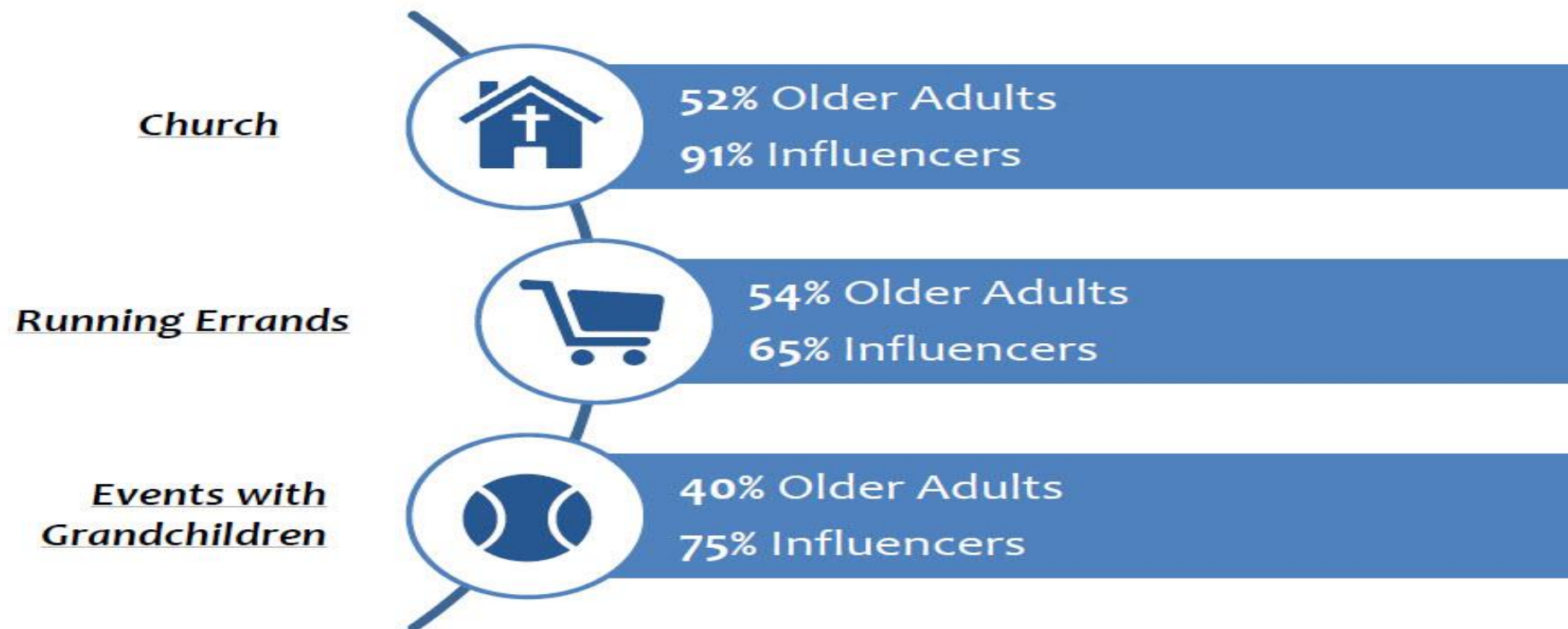
LIBRARIESTRANSFORM.ORG

LIBRARY PROGRAMS FOR OLDER ADULTS

What is the most important to key to keeping a positive outlook on life?	Seniors 60+ (2014) %
My faith or spirituality	25
A loving family	15
A positive attitude	14
A happy marriage or relationship	9
Taking care of my health	9
Staying physically active	6
Staying mentally active	6
Being financially secure	5
Being socially connected	2
Supportive friends	1
Loving my job/career	1
Other	6

Older Adults and Influencers agree that Older Adults are active in the community by participating in church, running errands and attending events with their grandchildren

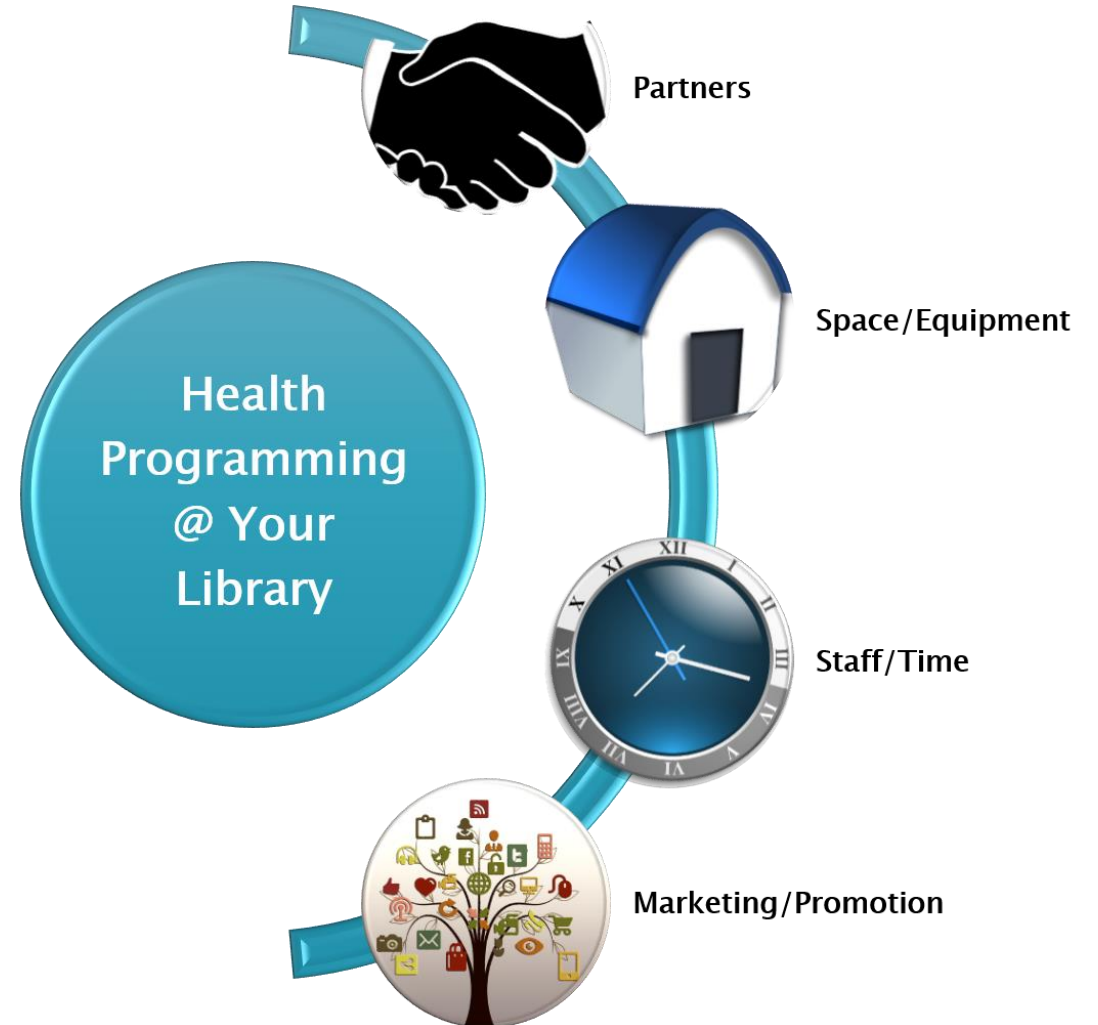
Places Where Older Adults Participate in the Community



Q59 (For 60+ 2015). Where are you participating in the community the most? Please tell me all that apply.

Q50 (For Influencers 2015). Where do you see Older Adults participating in the community the most? Please tell me all that apply.

HEALTH PROGRAMMING @YOUR LIBRARY



Be an exercise role model!

Motivate others to get excited about exercise.

GET INSPIRED!



NUTRITION

Lifestyle choices you make today can lead to a healthier future. Healthy diet and exercise can help control or delay age-related health problems.

Read and share this exercise and healthy eating infographic. [➔](#)



EXERCISE

Exercise isn't just getting your heart rate up! Make sure you are doing strength, balance, and flexibility exercises for a well-rounded workout.

Watch this video and try these 7 exercises today. [➔](#)



SAFETY

Dusting off your bike this spring? Make safety your number one priority both before and during your rides this season.

Check out these safety tips before you head out for a ride. [➔](#)

WHAT'S IN THE PARTNER TOOLKIT?

Motivational Flyers



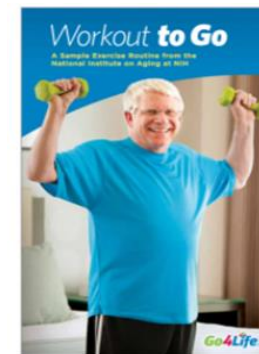
Web Badges with codes



Activity ideas to get you started:

- Sponsor a health fair, and include Go4Life materials.
- Hold a wellness program, and include Go4Life materials.
- Sponsor an exercise challenge, and offer Go4Life materials as rewards.
- Invite a health expert to talk about the benefits of exercise, and use Go4Life handouts.

Workout Programs & Guides



FREE STUFF

Get Free Stuff



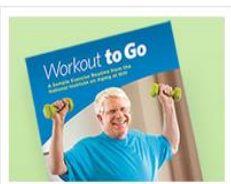
Tip Sheets



Success Stories



Infographic



Workout to Go



Exercise Guide



Spanish Resources



Bookmarks and Posters



Motivational Flyers



Exercise Guide Audiobook



Public Service Announcement



Exercise AgePage



Link to **Go4Life**

[Home](#)[About](#)[Excursions](#)[For Librarians](#)[For Caregivers](#)[Contact](#)

Tales and Travel Memory Programs

Oh the places
we will go.

Toolkit for Librarians:

- Sample agenda
- Excursion guides for 12 destinations
- Over 30 destination-specific folktales
- Bibliography of additional books

URL for Tales and Travel Memory Programs (Gail Borden Public Library District)



EXCURSION GUIDES

- Guide to Canada
- Guide to EcuadorGalapagos
- Guide to Guatemala & Central America
- Guide to Indonesia
- Guide to Japan
- Guide to Kenya
- Guide to Mexico
- Guide to Middle East
- Guide to Nigeria
- Guide to Poland
- Guide to Puerto Rico
- Guide to Spain



Excursion Guide

Puerto Rico

Table of contents:

Page 1: Folktale, Legend or Myth
Page 2: Five Facts
Page 3: Bibliography
Page 5: Supplemental materials



Read Aloud Folktale, Legend or Myth:

The Golden Flower: A Taino Myth from Puerto Rico by Nina Jaffe (Simon and Schuster Books for Young People, 1996). This Taino creation myth tells the story of how the island of Puerto Rico came to be. A young child plants some seeds and soon a beautiful forest begins to grow. Two men fight over a pumpkin that has grown in the forest; it splits, and the oceans of the world tumble out. The forested island stays above water, and now the people have enough water to drink and grow crops. This story is told mainly through narration, with some dialogue. It unfolds in an engaging way, drawing readers in as the forest grows. The afterword includes information on the history and culture of the Taino people.

A shorter version of this story is found on pages 4-5 of *Puerto Rico: The People and Culture* by Erinn Banting (Crabtree Publishing, 2003).

Remember to:

- Greet each person individually
- Use a globe or large map to show each person the starting point and destination
- Engage people in informal conversation
- Include supplemental materials such as music, souvenirs, coloring pages, or food to enhance the program



Funded by the 2013ALA ASCLA Carnegie-Whitney Grant to Gail Borden Public Library, Elgin, IL





FOLKTALES

- Australia
- Brazil
- Canada
- Caribbean
- China
- Ecuador
- Egypt
- England
- France
- Germany
- Greece
- Guatemala
- Hawaii
- India
- Indonesia
- Ireland
- Italy
- Japan
- Kenya
- Mexico
- Middle_East
- Nigeria
- Philippines
- Poland
- Puerto_Rico
- Russia
- South_Africa
- Spain
- Sweden
- Switzerland
- Thailand

ANANSI AND THE BANANA BIRD

A tale from the Caribbean

Anansi the spider enjoyed eating the many different kinds of fruits found in the jungle. But, bananas were one of his favorites. Bananas were also a favorite of the Banana Birds. These birds were named after the fruit because they look a bit like bananas. Their yellow and black feathers enable them to blend in with the banana plants.

Once, just as the monsoon season was ending, the bananas began to ripen. This was when Anansi met up with a Banana Bird. Anansi commented on the bird's looks, saying that if it hadn't moved, the spider would have taken it for a banana. He laughed at how he might have tried to take a bite out of it.

The bird was not amused. In fact, it was a bit offended. So, he challenged Anansi to a race. Whichever got to Mr. Brown's banana plantation first would win. The winner could take away and eat as many bananas as he could carry. Both the spider and bird agreed to these terms.



RESOURCE: Library Models for Serving Boomers to Seniors

- Provides step-by-step guide to plan and implement a program
- Examples of different models and case studies of programs in other libraries
- Resource list of info on funding, reports, tools, multimedia, etc.

[URL](#) for Creative Aging Toolkit for Public Libraries (Lifetime Arts, Inc.)

CREATIVE AGING PRACTICE



Distinct Areas of Creative Aging Practice

- Health and Wellness
- Community
- Lifelong Learning



Three distinct areas of creative aging practice have emerged with each addressing particular segments of the older adult population, from active Baby Boomers and retirees, to frail elderly. The underlying emphasis in all is active engagement and professional facilitation.





KNOW
YOUR
RIGHTS



STAY
ENGAGED



STRIVE
FOR
WELLNESS

EXPLORE
NEW
THINGS



[Home](#) | [Older Americans Month 2017](#)

Older Americans Month 2017

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

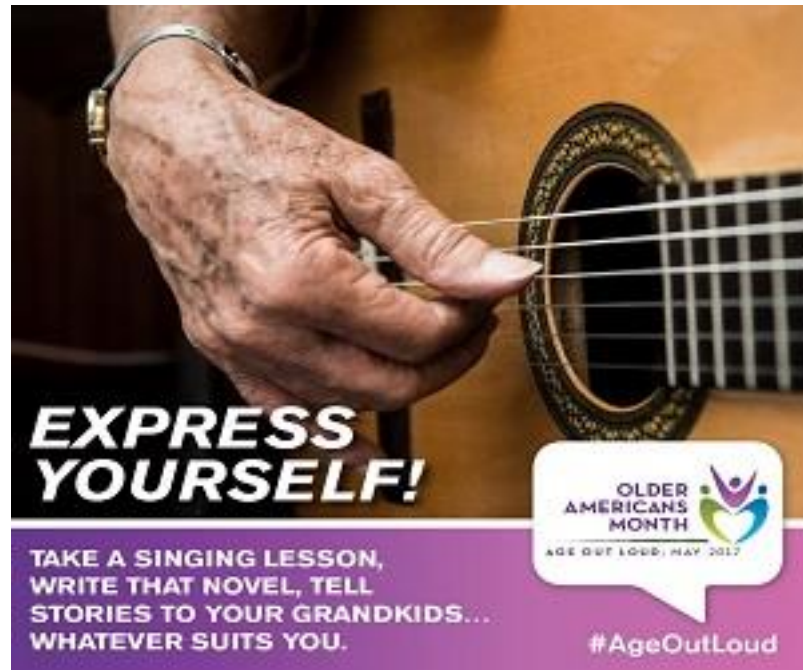
Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!



Quick Links: [Materials](#) | [Activity Ideas](#) | [Resources](#)

URL to Older Americans Month (Administration on Aging, Administration for Community Living)

OAM MATERIALS



AGE OUT LOUD!



A poster for "Age Out Loud!" featuring a central image of an elderly woman with short grey hair and glasses, smiling. She is holding a large blue speech bubble that says "AGE OUT LOUD!" in white, bold, sans-serif font. Above her head are four smaller speech bubbles: a blue one saying "STRIVE FOR WELLNESS", a green one saying "KNOW YOUR RIGHTS", a blue one saying "STAY ENGAGED", and a green one saying "EXPLORE NEW THINGS". Behind her are several smaller images of elderly people: a man with his arms raised, a woman sitting, a man in a wheelchair, and a woman in a graduation cap and gown. The background is white. At the top, there is a purple banner with the "OLDER AMERICANS MONTH" logo and the text "AGE OUT LOUD: MAY 2017". At the bottom, there is a purple banner with the website "oam.acl.gov" and logos for the Administration for Community Living (ACL) and the Administration on Aging (AoA).

URL to Older Adults Month Materials

'Engage for Health': A Patient Communication Program

About 'Engage for Health'


Materials for Distribution


Questions? Contact:



Lydia Collins



Consumer Health Coordinator
(412) 624-1411
lydia@pitt.edu



[Findings from the 'Engage for Health' Pilot Project](#) 
(2017 Report)

['Engage for Health': A Health Program in a Box](#) 
(NNLM MAR Lunch with the RML-PPT)

['Engage for Health': A Partnership for Improved Patient-Doctor Communication](#)  (MLA 2017 Presentation-PPT)
['Engage for Health': A Partnership for Improved Patient-Doctor Communication](#)  (MLA 2017 Presentation-PDF)


About Engage for Health

The Hospital & Healthsystem Association of Pennsylvania ([HAP](#) ) and its Pennsylvania Hospital Engagement Network ([PA-HEN](#) ) developed 'Engage for Health', a series of tools to conduct a community education program on taking an active role in your health care. In 2016

the Pennsylvania Library Association ([PaLA](#) ) and the National Network of Libraries of Medicine, Middle Atlantic Region ([NNLM MAR](#)) partnered with HAP, the NNLM Evaluation Office ([NEO](#)) and the Agency for Healthcare Research and Quality ([AHRQ](#) ) to update the program and pilot it in 16 libraries across PA.

The 'Engage for Health' program is now available for libraries, community and faith based agencies and health care providers to offer in their communities. If you are interested in offering this program, please feel free to use the materials located on this page and contact NNLM MAR for assistance.







We encourage you to offer this program, use the evaluation materials (and send them to us) as well as let us know about the success of your 'Engage for Health' program.

AHRQ published a case study on the 'Engage for Health' program and the pilot project in PA, read the entire [case study](#)  here.



'Engage for Health' Program Materials

All of the materials you need to offer the 'Engage for Health' program are freely available. The toolkit includes the presentation slides, speaker notes, role play exercise, pre-post evaluation form (and instructions to send MAR the completed forms), promotional poster and logo.

- [Engage for Health Presentation Slides](#) 
- [Engage for Health Speaker Notes for Presentation Slides](#) 
- [Engage for Health Role Play](#) 
- [Engage for Health Pre-Post Evaluation Instructions](#) 
- [Engage for Health Pre-Post Evaluation Form](#) 
- [Engage for Health Promotional Poster](#) 
- [Engage for Health Logo](#) (jpg)

[URL](#) for Engage for Health

QUICK TIPS FOR SENIOR FRIENDLY COMPUTER CLASSROOM

Step 1: Create an Environment for Learning

Step 2: Present Information Clearly

Step 3: Help Students Stay Focused

Step 4: Help Students Retain Information

Step 5: Accommodate Physical Changes





TEAMWORK

- **Existing Relationships**
 - Who do you currently partner with?
- **New Relationships**
 - What other agencies are you aware of in your community that may serve as possible partners?
- **Senior Specific Agencies**
 - Area Agencies on Aging
 - Disease specific organizations (Alzheimer's Assoc.)
 - Neighborhood senior centers
 - Jewish Community Centers
 - Hospitals and Clinics
 - University Health Science Libraries
 - American Society on Aging
 - National Council on Aging

HOW CAN YOU FIND PARTNERS?



[URL](#) to NNLM Membership Directory, [URL](#) to MedlinePlus Organizations, [URL](#) to MedlinePlus Directories and [URL](#) to 2-1-1 United Way

SHARING: PROGRAM IDEAS

- What programs for seniors are offered at your library?
- What health specific programs are offered at your library?
- What programs would you like to offer?
- What problems do you encounter with programming for seniors?
- What solutions have you found?



FORGETFULNESS:

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild
forgetfulness**



**serious
memory problems**

like Alzheimer's disease?

Forgetfulness: Normal or Not?

The Emotional Benefits of Exercise— Feel Good with Go4Life®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



The Emotional Benefits of Exercise -
Feel Good with Go4Life

Is **CLINICAL RESEARCH** right for me?

Clinical research is medical research that involves **people**.



Is Clinical Research Right for Me?

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Diet and Exercise: Choices Today for
a Healthier Tomorrow

If a family member has **ALZHEIMER'S DISEASE** will I have it, too?

A family history of Alzheimer's does not mean for sure that you'll have it. But, it may mean you are more likely to develop it.



If a Family Member Has Alzheimer's
Disease, Will I Have It, Too?

ALZHEIMER'S RESEARCH NEEDS **YOU!**

The number of older Americans 65+ with Alzheimer's disease is rapidly growing¹



GOOD NEWS IMPORTANT ALZHEIMER'S RESEARCH IS MOVING FORWARD

BUT WE NEED YOUR HELP

Spread the Word About Volunteering



URL for Infographics (National institute on Aging)

Human Body	Bodily Functions	Medical Terminology	SuperFoods	The 5 Senses	NLM @ Your Library
<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>
<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>
<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>
<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>
<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>

FINAL JEOPARDY

JEOPARDY!



 Theme  Timer  Lose  Cheer  Boo  Silence

URL to locate Jeopardy Templates (Health & Science Games)

NATIONAL HEALTH OBSERVANCES (NHOS)

Health Literacy Month



Health literacy refers to how well a person can get the health information and services that they need, and how well they understand them. It is also about using them to make good health decisions. It involves differences that people have in areas such as

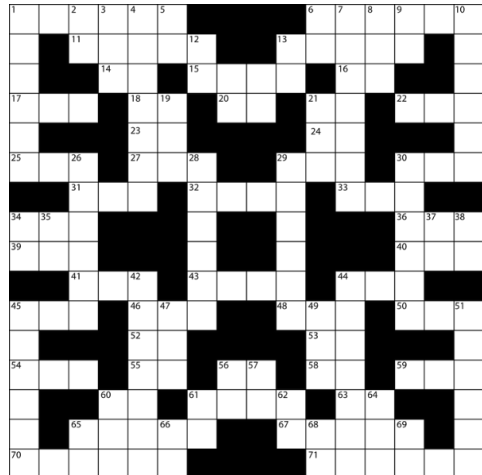
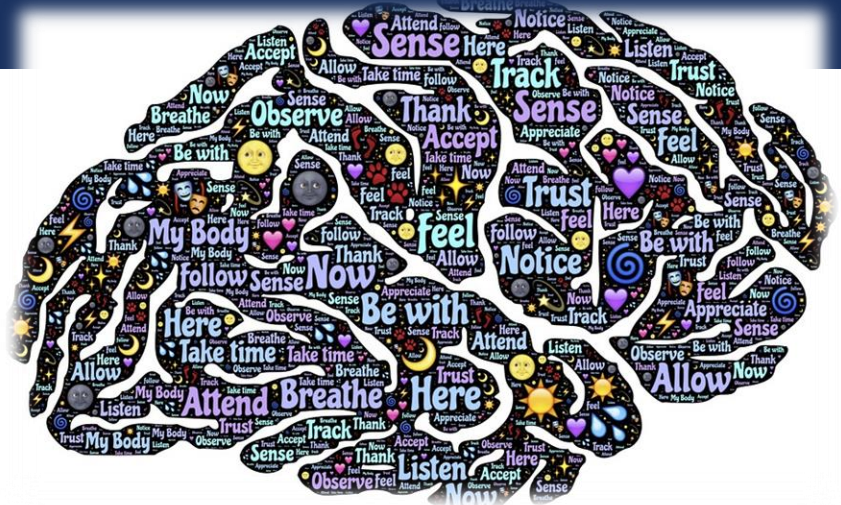
- Access to information that they can understand
- Skills, such as finding that information, communicating with health care providers, living a healthy lifestyle, and managing a disease
- Knowledge of medical words, and of how their healthcare system works
- Abilities, such as physical or mental limitations
- Personal factors, such as age, education, language abilities, and culture

For more information visit Medlineplus.gov: <https://www.nlm.nih.gov/medlineplus/healthliteracy.html>

BRAINTEASERS FOR MENTAL “WELLNESS”



Brainteaser: You are a cyclist in a cross-country race. Just before the crossing finish line you overtake the person in second place! What place did you finish in?



Activate, Collaborate and Educate: Health Outreach and Programming in Your Community



By the end of the class attendees will be able to:

- Locate county level information on health needs within their community
- Locate relevant NLM consumer health resources for specific target populations
- Identify organizations for health outreach partnerships
- Outline a potential health outreach or health program for their organization

URL to ACE class site and URL to NNLM Training Schedule

LIBRARIES TRANSFORM[®]

CAMPAIGN GOALS

- Increase public awareness
- Change perception of libraries
- Increase and ensure support for libraries and funding

**BECAUSE ADDING
MINECRAFT TO
CURRICULUM MAY
INSPIRE MORE FUTURE
ENGINEERS THAN
MATHEMATICS ALONE.**

LIBRARIES
TRANSFORM[™]

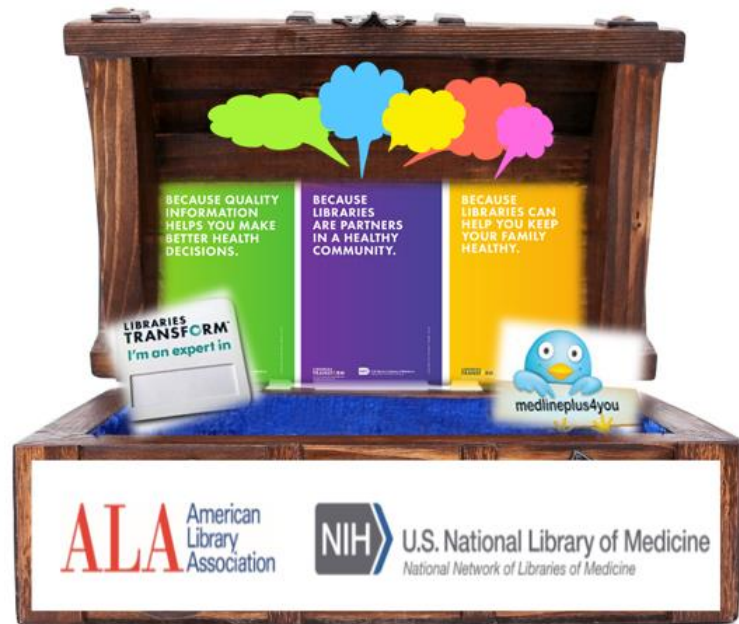
**BECAUSE MORE
THAN A
QUARTER OF U.S.
HOUSEHOLDS
DON'T HAVE A
COMPUTER WITH
AN INTERNET
CONNECTION.**

**LIBRARIES
TRANSFORM™**

KEY MESSAGES

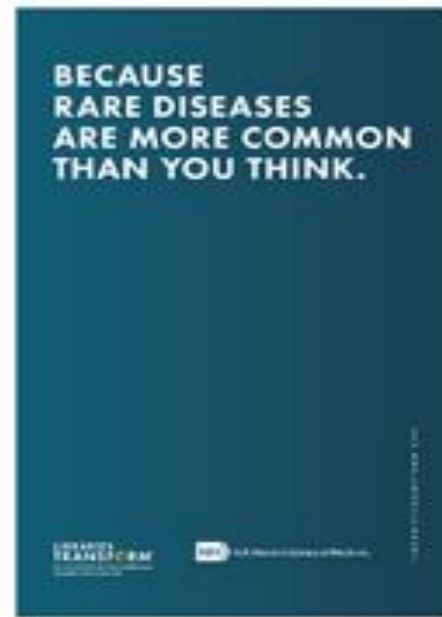
- Libraries transform lives.
- Libraries transform communities.
- Librarians are passionate advocates for lifelong learning.
- Libraries are a smart investment.

LIBRARIES TRANSFORM[®]



HEALTH LITERACY TOOLKIT

[URL](#) to Webinar Recording



[URL](#) to Libraries Transform Health Literacy



COLLECTION DEVELOPMENT AND CAUTION/DISCLAIMERS



RUSA HEALTH AND MEDICAL REFERENCE GUIDELINES

- Role of Information Services Staff
- Reference Transaction Professional Behavior
- Ethics
 - Professional Behavior
 - Library Policies
 - Library Users' Rights



[URL](#) for RUSA Health and Medical Reference Guidelines

DISCLAIMERS & CAUTION STATEMENTS


- “Materials in the Resource Center represent the opinions of the authors and are intended as a complement, not a substitute for the advice of your healthcare providers.”
- Information provided by the Library and its employees has been gathered from a variety of consumer health resources. This information should not be interpreted as medical or professional advice. All medical information should be reviewed with your physician or other health care professional.
- The Library provides this material to you for your information only. This is not to be considered medical advice. The library staff is not trained or qualified to diagnose illness or recommend treatment. Please refer your specific questions to the appropriate health professional.



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Blood sugar test - blood: MedlinePlus Medical Encyclopedia <https://www.nlm.nih.gov/medlineplus/ency/article/003482.htm>

National Institutes of Health / U.S. National Library of Medicine



Home → Medical Encyclopedia → Blood sugar test - blood

URL of this page: <https://www.nlm.nih.gov/medlineplus/ency/article/003482.htm>

Blood sugar test - blood

A blood glucose test measures the amount of a sugar called glucose in a sample of your blood.

Glucose is a major source of energy for most cells of the body, including brain cells. Carbohydrates are found in fruit, cereal, bread, pasta, and rice. They are quickly turned into glucose in your body. This raises your blood glucose level.

Hormones made in the body help control blood glucose level.

How the Test is Performed

A blood sample is needed.

How to Prepare for the Test

The test may be done in the following ways:

- After you have not eaten anything for at least 8 hours (fasting)
- At any time of the day (random)
- 2 hours after you drink a certain amount of glucose (oral glucose tolerance test)

How the Test will Feel

When the needle is inserted to draw blood, some people feel moderate pain. Others feel only a prick or stinging. Afterward, there may be some throbbing or slight bruising. This soon goes away.

Why the Test Is Performed

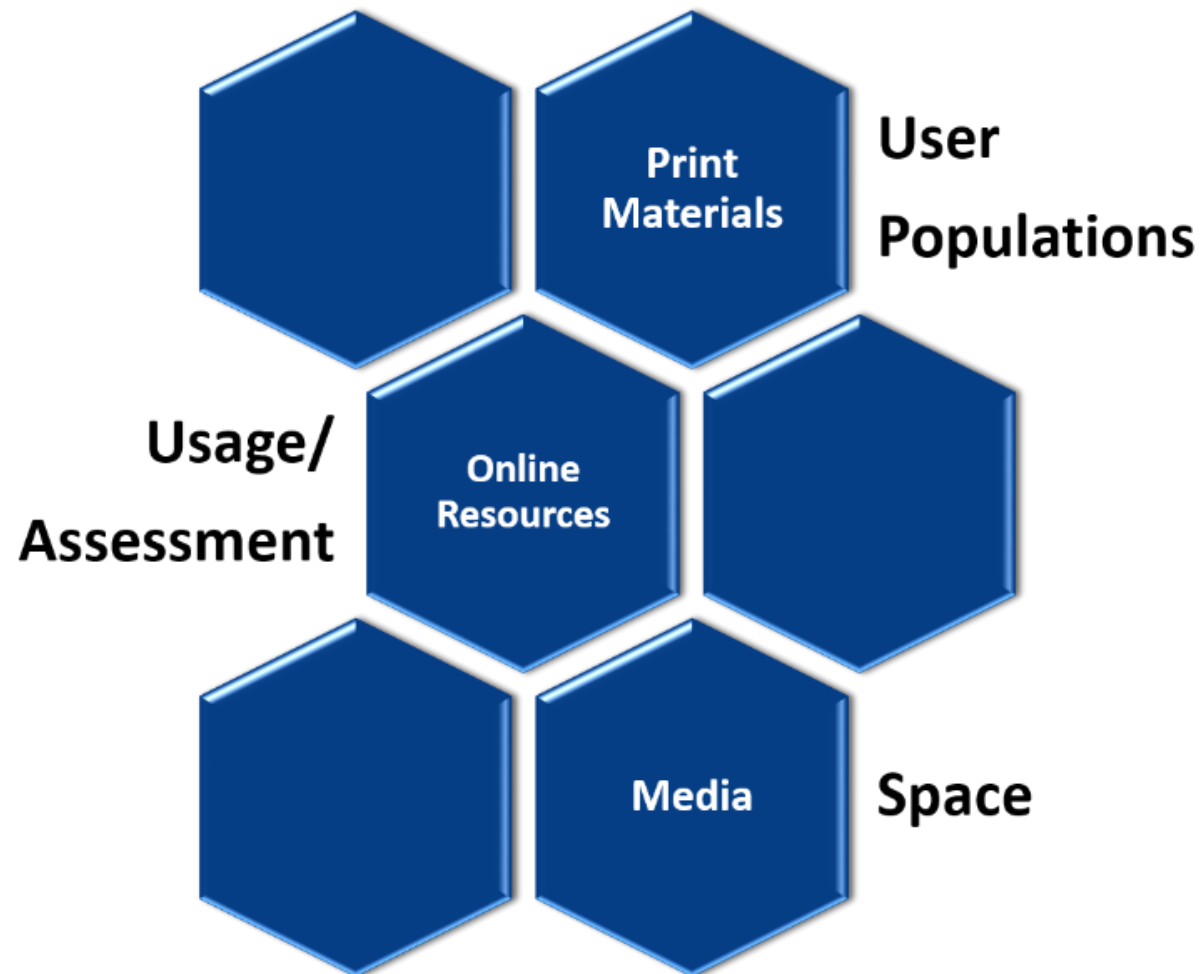
Your doctor may order this test if you have signs of diabetes. More than likely, the doctor will order a fasting blood sugar test.

The blood glucose test is also used to monitor people who already have diabetes.

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COLLECTION DEVELOPMENT



COLLECTION DEVELOPMENT (WEBSITES)

Medical Library Association (MLA)

URL to MLA Top Health Websites For Health Consumers and Patients

Includes General Health, Breast Cancer, Diabetes, Eye Disease, Heart Disease,

HIV/AIDS, & Stroke

URL to MLA Recommended Websites for Cancer Information

URL to Abstract/Article on Criteria to Develop Consumer Health Collections (PubMed)

QUESTIONS/COMMENTS



RESOURCES

- [URL](#) to 2015 U.S. Aging Survey Executive Summary Report (National Council on Aging)
- [URL](#) for National Council on Aging
- [URL](#) for Aging Stats (Federal Interagency Forum on Aging-Related Statistics)
- [URL](#) to An Aging World: 2015
- [URL](#) to Healthy Aging Data Portal (CDC)
- [URL](#) for State Health Facts (Kaiser Family Foundation)
- [URL](#) for Multiple Chronic Conditions in the United States

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